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## Functional Hop Test

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Involved Side: \_\_\_\_\_ Weeks S/P: \_\_\_\_\_

### Section 1: Single Leg Hop for Distance (*Jump with one leg, land on two*)

Left Leg: Trial 1 \_\_\_\_\_ in. Trial 2 \_\_\_\_\_ in. Average \_\_\_\_\_ in.

Right Leg: Trial 1 \_\_\_\_\_ in. Trial 2 \_\_\_\_\_ in. Average \_\_\_\_\_ in.

### Section 2: Single Leg Timed Hop for Distance (20 yards) (*Jump with one leg, land on two*)

Left Leg: Trial 1 \_\_\_\_\_ sec. Trial 2 \_\_\_\_\_ sec. Average \_\_\_\_\_ sec.

Right Leg: Trial 1 \_\_\_\_\_ sec. Trial 2 \_\_\_\_\_ sec. Average \_\_\_\_\_ sec.

### Section 3: Single Leg Triple Hop for Distance (*Jump with one leg, land on two*)

Left Leg: Trial 1 \_\_\_\_\_ in. Trial 2 \_\_\_\_\_ in. Average \_\_\_\_\_ in.

Right Leg: Trial 1 \_\_\_\_\_ in. Trial 2 \_\_\_\_\_ in. Average \_\_\_\_\_ in.

### Section 4: Crossover Hop for Distance (*Jump with one leg, land on two*)

Left Leg: Trial 1 \_\_\_\_\_ in. Trial 2 \_\_\_\_\_ in. Average \_\_\_\_\_ in.

Right Leg: Trial 1 \_\_\_\_\_ in. Trial 2 \_\_\_\_\_ in. Average \_\_\_\_\_ in.

Notes/Comments: